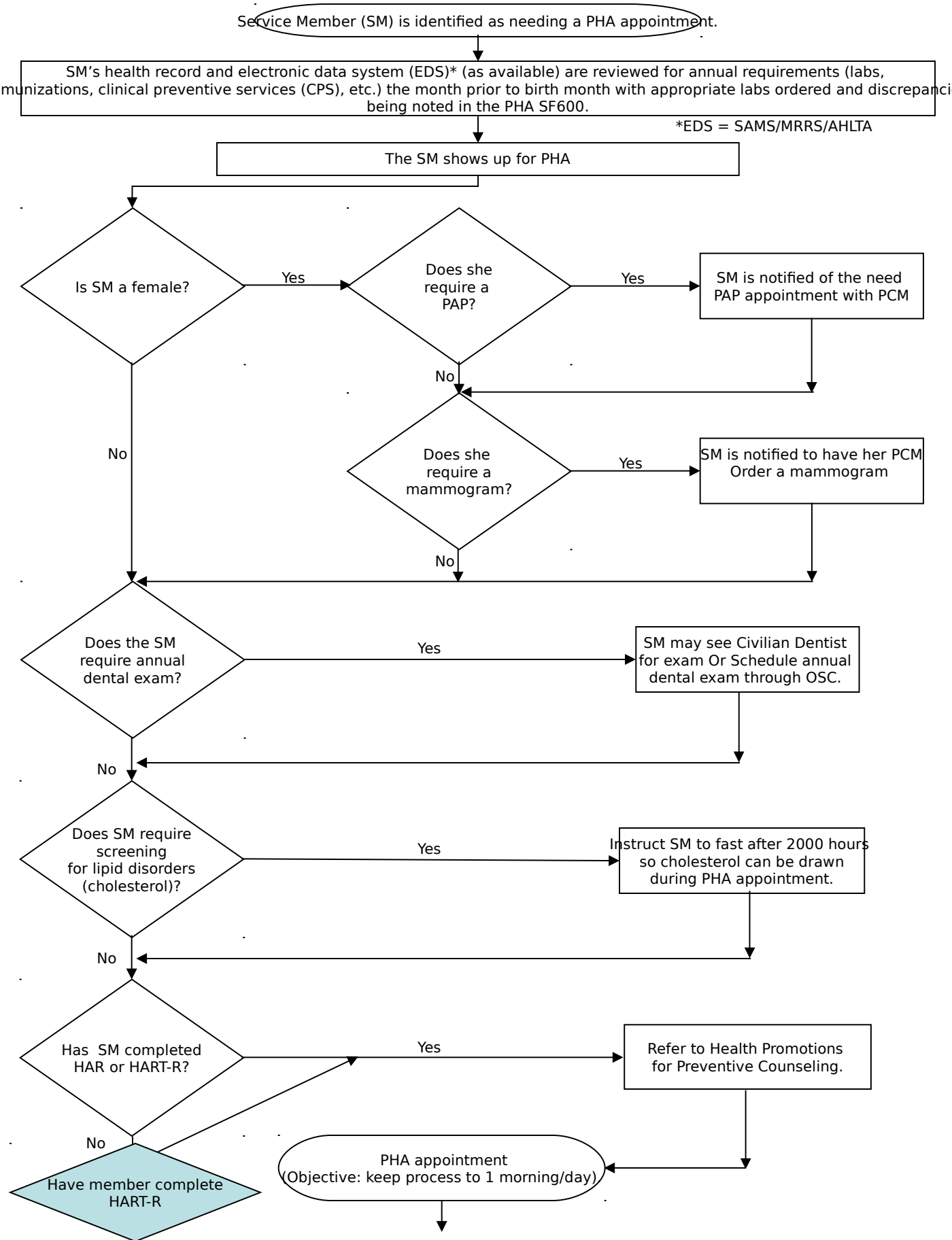
Process Flow for Annual Periodic Health Assessment (PHA)


Service Member (SM) is identified as needing a PHA appointment.
SM's health record and electronic data system (EDS)* (as available) are reviewed for annual requirements (labs, immunizations, clinical preventive services (CPS), etc.) the month prior to birth month with appropriate labs ordered and discrepancies being noted in the PHA SF600.
*EDS = SAMS/MRRS/AHLTA
The SM shows up for PHA
Is SM a female?
Yes
Does she require a PAP?
Yes
SM is notified of the need PAP appointment with PCM
No
No
Does she require a mammogram?
Yes
SM is notified to have her PCM Order a mammogram
No
Does the SM require annual dental exam?
Yes
SM may see Civilian Dentist for exam Or Schedule annual dental exam through OSC.
No
Does SM require screening for lipid disorders (cholesterol)?
Yes
Instruct SM to fast after 2000 hours so cholesterol can be drawn during PHA appointment.
No
Has SM completed HAR or HART-R?
Yes
Refer to Health Promotions for Preventive Counseling.
No
Have member complete HART-R
PHA appointment
(Objective: keep process to 1 morning/day)

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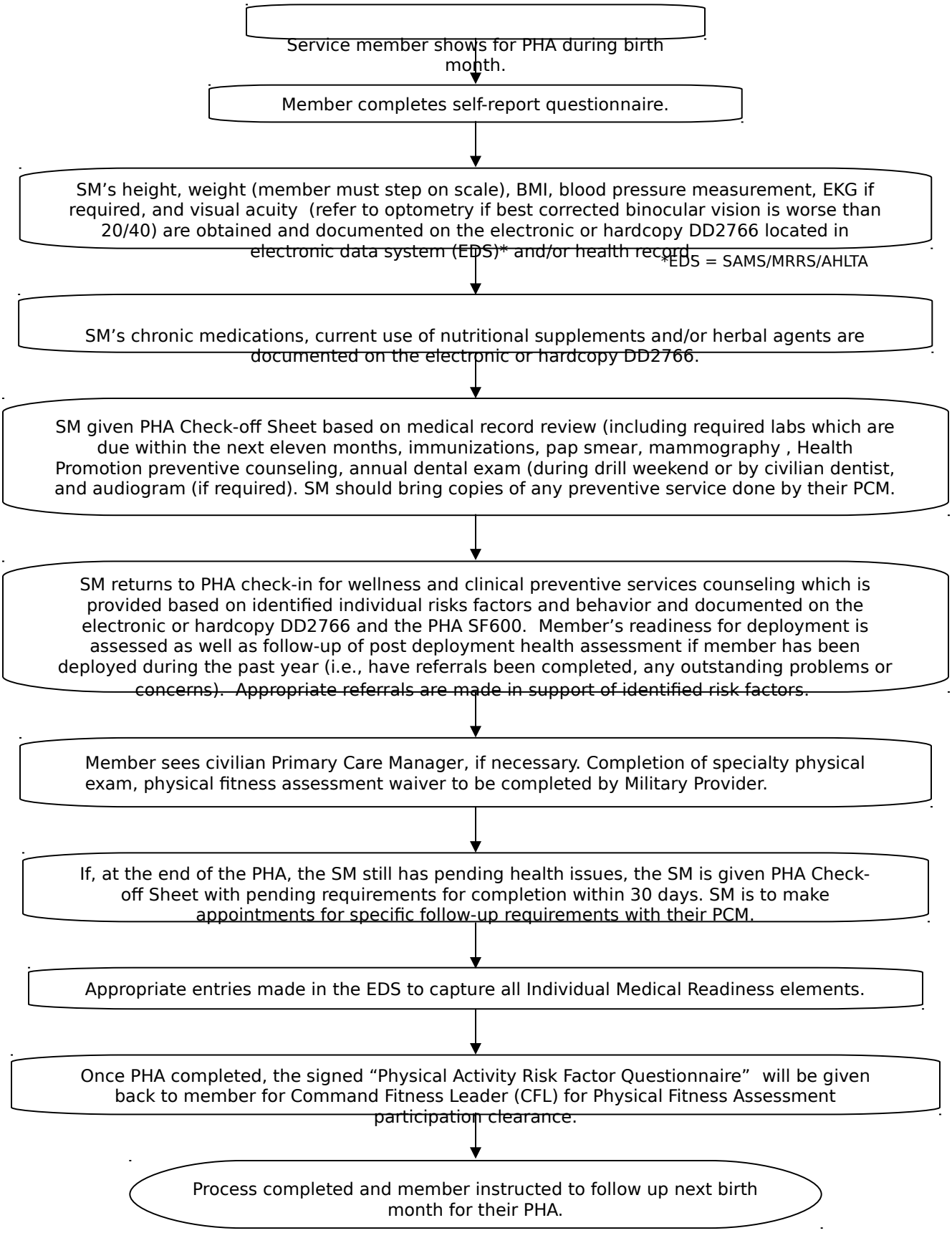
Service member shows for PHA during birth month.
Member completes self-report questionnaire.
SM's height, weight (member must step on scale), BMI, blood pressure measurement, EKG if required, and visual acuity (refer to optometry if best corrected binocular vision is worse than 20/40) are obtained and documented on the electronic or hardcopy DD2766 located in electronic data system (EDS)* and/or health record.
*EDS = SAMS/MRRS/AHLTA
SM's chronic medications, current use of nutritional supplements and/or herbal agents are documented on the electronic or hardcopy DD2766.
SM given PHA Check-off Sheet based on medical record review (including required labs which are due within the next eleven months, immunizations, pap smear, mammography , Health Promotion preventive counseling, annual dental exam (during drill weekend or by civilian dentist, and audiogram (if required). SM should bring copies of any preventive service done by their PCM.
SM returns to PHA check-in for wellness and clinical preventive services counseling which is provided based on identified individual risks factors and behavior and documented on the electronic or hardcopy DD2766 and the PHA SF600. Member's readiness for deployment is assessed as well as follow-up of post deployment health assessment if member has been deployed during the past year (i.e., have referrals been completed, any outstanding problems or concerns). Appropriate referrals are made in support of identified risk factors.
Member sees civilian Primary Care Manager, if necessary. Completion of specialty physical exam, physical fitness assessment waiver to be completed by Military Provider.
If, at the end of the PHA, the SM still has pending health issues, the SM is given PHA Check-off Sheet with pending requirements for completion within 30 days. SM is to make appointments for specific follow-up requirements with their PCM.
Appropriate entries made in the EDS to capture all Individual Medical Readiness elements.
Once PHA completed, the signed "Physical Activity Risk Factor Questionnaire" will be given back to member for Command Fitness Leader (CFL) for Physical Fitness Assessment participation clearance.
Process completed and member instructed to follow up next birth month for their PHA.